

BELONG PERFORMANCE ENGINE · THE PEAK PERFORMANCE BLOCK

HALF IRONMAN 70.3 MT. TREMBLANT

A fully individualized 12-week training and cognitive operating system — built around your race, your goal time, and your limiters.

Athlete: Sample Client

Race: Ironman 70.3 Mt. Tremblant — Saturday, June 19, 2027

Goal: 5:30:00 · **Primary Limiter:** Swim

Operating Archetype: The Precision Reclaimer

45:00

SWIM 1.9KM

4:00

T1

2:49:00

BIKE 90KM

4:00

T2

1:48:00

RUN 21.1KM

5:30:00

GOAL

SECTION 01 · PROGRAM ARCHITECTURE

HOW YOUR 12 WEEKS ARE BUILT

Every plan starts from your race date and works backwards. Loading blocks alternate with recovery so you absorb the work and arrive fresh. Your swim limiter gets extra attention: 3–4 swim sessions per week (vs. a standard 2), video stroke analysis in Week 4, and open-water race skills from Week 7.

PHASE	WEEKS	PHYSICAL BUILD	COGNITIVE BUILD
Foundation	1–4	Baseline testing, swim technique reset, aerobic base, strength	Awareness: glance count, cue word, labelling
Build I	5–8	Race-pace work, long rides, fueling practice, open water	Detachment: watch-off efforts, timed fueling
Build II	9–10	Course-specific prep + full race rehearsal weekend	Rehearsal: visualization, full script run
Peak / Taper	11	Volume drops, intensity stays, freshness rises	Composure: taper-doubt protocol
Race Week	12	Arrive fresh, execute the plan: 5:30	Execution: Race-Day OS

BI-WEEKLY CALIBRATION CALLS

1-on-1 video reviews with Coach Amy at the end of Weeks 2, 4, 6, 8, 10 and 12 — six calls across the block. Each call reviews your data, adjusts your paces, and sets the next block's targets. Between calls, direct messaging gives you feedback and plan adjustments within 24 hours.

FUELING PROTOCOL

From Week 5, every ride over 2 hours practises race fueling (60–80g carbohydrate/hour). Your race-week protocol — carb-load targets, race-morning meal timing and on-course plan — is written from your Week 9 data and tested at the Week 10 rehearsal.

THE MIND ROW

Every week includes one cognitive drill tied to your calibration results. It's done inside the sessions you already have, so it costs no extra training time.

SECTION 02 · WEEKLY PROGRAMMING

PHASE 1 — FOUNDATION

WEEK 01 Mar 29 – Apr 4

FOUNDATION 8.0 hrs

FOCUS Baseline testing + swim technique reset

Swim	3x — CSS time trial (400m/200m test), drill-heavy technique sets, easy aerobic 2,200m
Bike	2x — 90 min endurance Z2, 75 min with 4x5 min tempo
Run	3x — 45 min easy, 40 min with strides, 60 min long run Z2
Strength	2x — Full body foundation: squat, hinge, push, pull, core (30 min)
Mind	Baseline Awareness. During the CSS test, log every watch glance. This is your starting Data Panic count — we lower it all block.

Coach Amy reviews your CSS test and power/pace data before Week 2.

WEEK 02 Apr 5 – 11

FOUNDATION 9.0 hrs

FOCUS Swim volume progression + aerobic base

Swim	3x — Technique (catch/pull), CSS-pace intervals 10x100m, steady 2,500m
Bike	3x — 2 hr Z2, 90 min sweet spot 3x12 min, 60 min recovery spin
Run	3x — 50 min easy, 45 min tempo 2x15 min, 75 min long run
Strength	2x — Progressive load + swim-specific shoulder stability
Mind	Cue-Word Install. Choose one 1-2 word reset cue (e.g., “Long. Smooth.”). Say it at the start of every swim interval.

Calibration Call #1 — review test data, set swim target paces.

SECTION 02 · WEEKLY PROGRAMMING

FOUNDATION & RECOVERY

WEEK 03 Apr 12 – 18

FOUNDATION 10.0 hrs

FOCUS First brick session + swim threshold work

Swim 3x — Threshold 6x200m, technique endurance 2,800m, pull/paddles strength set

Bike 2x — 2.5 hr Z2 with 3x15 min tempo, 90 min sweet spot

Run 3x — 50 min easy, 50 min with 6x3 min Z4, 80 min long run + 30 min brick off Saturday bike

Strength 2x — Maintain load, add single-leg work

Mind **Discomfort Labelling.** On the Z4 repeats, name the sensation out loud (“heavy legs”, “hot lungs”) instead of judging it. Label, don't fight.

First bike-to-run brick: note your legs at minute 10 — we track this all block.

WEEK 04 Apr 19 – 25

RECOVERY 6.0 hrs

FOCUS Deload + movement screen

Swim 2x — Easy technique only, video stroke analysis set

Bike 2x — 60–75 min easy Z1–Z2

Run 3x — All easy, longest 50 min

Strength 1x — Mobility and activation circuit

Mind **Trust the Rest.** Write one sentence on why recovery is training. Read it any time the urge to “add a little extra” appears.

Calibration Call #2 — video swim analysis review + Phase 2 targets.

SECTION 02 · WEEKLY PROGRAMMING

PHASE 2 — BUILD I

WEEK 05 Apr 26 – May 2

BUILD I 10.5 hrs

FOCUS Race-pace introduction + open-water skills start

Swim	3x — CSS intervals 12x100m, threshold 8x200m, steady 3,000m
Bike	3x — 3 hr Z2, 2 hr with 3x20 min sweet spot, 60 min recovery
Run	3x — 55 min easy, 60 min tempo 3x15 min, 90 min long run with last 20 min steady
Strength	2x — Strength maintenance, race-specific core
Mind	Watch-Off Intervals. Cover your screen for the middle sweet-spot block. Hold effort by breath and feel; check the data only afterwards.

Fueling protocol activates: practice 60–80g carbs/hr on all rides over 2 hours.

WEEK 06 May 3 – 9

BUILD I 11.5 hrs

FOCUS Long ride progression + swim endurance

Swim	3x — Threshold 5x400m, technique + speed 8x50m fast, 3,200m continuous
Bike	3x — 3.5 hr with 2x25 min race pace, 2 hr sweet spot, recovery spin
Run	3x — 55 min easy, 60 min with 5x5 min Z4, 95 min long run + brick
Strength	2x — Maintenance load
Mind	Fuel on the Clock. Fuel by timer, not by feel — every 20 min, no matter how good you feel. This builds your stress-proof fueling reflex.

Calibration Call #3 — fueling check-in, race-pace data review.

SECTION 02 · WEEKLY PROGRAMMING

BUILD I PEAK & RECOVERY

WEEK 07 May 10 – 16

BUILD I 12.0 hrs

FOCUS Peak volume week + first open-water swim

Swim	4x — OW skills (sighting, drafting, starts), threshold 6x300m, technique, 3,400m endurance
Bike	3x — 4 hr Z2 with 3x20 min race pace, 2 hr sweet spot, recovery
Run	3x — 60 min easy, 65 min tempo, 1:45 long run
Strength	2x — Maintenance

Mind **Open-Water Stress Inoculation.** Practise a deliberate “chaos start”: sprint 50m, then roll onto your back, three breaths, cue word, resume.

Longest week. Message Amy after Sunday's session — adjustments within 24 hrs.

WEEK 08 May 17 – 23

RECOVERY 6.5 hrs

FOCUS Absorb the load + half-distance rehearsal (mini)

Swim	2x — Easy technique, 1x CSS re-test to measure progress
Bike	2x — 90 min with 45 min at race pace (dress rehearsal), 60 min easy
Run	3x — Easy + one 60 min with 30 min race pace off the bike
Strength	1x — Mobility

Mind **Re-Test Composure.** Repeat your Week 1 glance count on the CSS re-test. Compare both numbers on Call #4.

Calibration Call #4 — CSS re-test review + race-day pacing draft.

SECTION 02 · WEEKLY PROGRAMMING

PHASE 3 — BUILD II

WEEK 09 May 24 – 30

BUILD II 11.5 hrs

FOCUS Race specificity: Mt. Tremblant course prep

Swim 4x — OW race simulation 1.9km, threshold 10x200m, technique, 3,000m steady

Bike 3x — 4 hr hilly ride matching course profile, 2 hr with 2x30 min race pace, recovery

Run 3x — 60 min easy, 70 min with 2x20 min race pace, 1:40 long run + brick

Strength 2x — Maintenance

Mind **Course Visualization.** 10 min nightly: walk through the Tremblant climbs in your mind — your power cap, your cue, your calm.

Race-week nutrition protocol written this week based on your rehearsal data.

WEEK 10 May 31 – Jun 6

BUILD II 12.0 hrs

FOCUS Big rehearsal weekend: 3km swim / 70km ride / 12km run

Swim 3x — OW 2x1.9km race effort, threshold set, recovery technique

Bike 2x — Saturday rehearsal block (with swim/run), 2 hr recovery spin

Run 3x — 60 min easy, rehearsal run Sunday, 90 min long run early week

Strength 1x — Light activation only

Mind **Full Script Rehearsal.** Run your entire race-day script: meal, warm-up, cue words, fuel timer, contingency responses. Note what breaks.

Calibration Call #5 — full rehearsal debrief, finalize race plan.

SECTION 02 · WEEKLY PROGRAMMING

TAPER & RACE WEEK

WEEK 11 Jun 7 – 13

PEAK / TAPER 8.5 hrs

FOCUS Taper begins — sharpen, don't fatigue

Swim 3x — Openers 8x100m race pace, technique, easy 2,000m

Bike 3x — 2 hr with 3x10 min race pace, 75 min easy, 60 min spin

Run 3x — 45 min easy, 40 min with 4x3 min sharp, 60 min easy

Strength 1x — Activation circuit, then done

Mind **Taper Restlessness Protocol.** Feeling flat or anxious is normal. Each time doubt hits, read your Week 4 sentence and your rehearsal data.

Sleep protocol starts: 8+ hrs nightly. Race-Day Execution OS packet arrives.

WEEK 12 Jun 14 – 19

RACE WEEK 4.0 hrs + race

FOCUS Arrive fresh. Execute. 5:30.

Mon–Tue Swim 30 min easy + openers · Bike 45 min with 3x3 min race pace · Run 25 min with strides

Wed Full rest — gear check, nutrition packed, travel to Mt. Tremblant

Thu 20 min course swim + 20 min spin + 15 min run

Fri 15 min swim openers · race briefing · early night

Sat 19 **RACE DAY — Ironman 70.3 Mt. Tremblant**

Mind **Final Lock-In.** One last visualization Friday night, then put the plan away. The work is done — your only job is execution.

Calibration Call #6 (Thu) — final mindset walkthrough + pacing confirmation.

SECTION 03 · RACE-DAY EXECUTION OS

JUNE 19, 2027

“Race morning should feel like your third time racing it — not your first.”

A cognitive stress-inoculation protocol delivered in Week 11 and rehearsed on your Thursday calibration call.

RACE MORNING TIMELINE

- **4:30 AM** — Race-morning meal (from your tested Week 10 protocol)
- **5:45 AM** — Arrive at transition; 10-minute visualization script
- **6:30 AM** — 10 min swim warm-up; breathing ladder (4-3-2-1)
- **7:00 AM** — Start. First 400m controlled: your race starts at the bike mount, not the gun.

PACING DISCIPLINE

- **Swim 45:00** — Sight every 6 strokes; settle by the first buoy. A calm 46 beats a panicked 44.
- **Bike 2:49** — Cap the first 20 km below target power. Ride your plan on the Tremblant hills, not the crowd.
- **Run 1:48** — First 5 km controlled, middle 10 km on effort, last 6 km on heart. Every aid station: walk 10 steps, fuel, go.

CONTINGENCY SCRIPTS

- **Goggle or kick incident** → roll, three breaths, restart cue word.
- **Legs flat off the bike** → 5 min reduced effort, fuel, reassess. Never chase in km 1-5.
- **Heat or wind** → effort-based pacing override (planned on Call #6).
- **Watch fails** → you trained for this in Weeks 5-10. Breath, cue, effort.

This is what a Peak Performance Block looks like. Every plan is rebuilt from scratch for each athlete — their race, their limiter, their life.

— Coach Amy Crawford